



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

WALPOLE COUNCIL ON AGING

**Walpole Council on Aging, Town Hall
135 School Street, Walpole, MA 02081**

Telephone: 508-668-3330

Fax: 508-660-7363

www.walpole-ma.gov/council-on-aging

CENTER HOURS:

Monday, 8:30 AM – 4:30 PM

Tuesday, 8:30 AM – 8:00 PM

Wednesday, 8:30 AM – 4:30 PM

Thursday, 8:30 AM – 4:30 PM

Friday, 8:30 AM – 12:00 PM



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

MISSION AND VALUES

MISSION

The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Elders and their families.

VALUES

"Come as a Stranger, Leave as a Friend!"

Community - people who support each other, share information and celebrate life

Respect - recognize, welcome and value our individual differences

Honesty - promote an attitude of mutual trust and integrity

Optimism - speak and act to positively impact our relationships with one another

Encourage - appreciate aging as a lifelong learning and growth process

Creative - nurture new ideas and inspire innovation

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

STAFF

Courtney S. Riley
Director
csriley@walpole-ma.gov
508-660-7346

Outreach Coordinator
508- 660-7362

Don Wightman
SHINE Counselor
508-660-6388

Christine Tetreault
Elder Advocate
508-668-3330

Carol Fellini
Van Driver
508-660-7115

Jane Wulk
Van Driver
508-660-7124

Jim Hinds
Van Driver
508-660-7124

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

PROGRAMS AND SERVICES

COMMUNITY OUTREACH

COA BOARD OF DIRECTORS
HESSCO LUNCH
MEDICAL RIDES
NEWSLETTER
SENIOR CITIZENS CLUB
SENIOR TAX WORK OFF PROGRAM
SHINE
THE RIDE
WRITING GROUP
VETERANS MEETINGS

EXERCISE

BOWLING
CHAIR EXERCISE
WALKING CLUB
YOGA
ZUMBA

EXERCISE

BOWLING
CHAIR EXERCISE
WALKING CLUB
YOGA
ZUMBA

HEALTH AND SAFETY

NUTRITION
NURSE VISITS
MEDICARE PLANNING
PODIATRIST
SHELTER AT HOME
TRIAD
WALPOLE AREA VNA NURSING

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
CRIBBAGE
KNITTING CLUB
MAH JONGG
POT LUCK MEAL
WALK-IN BREAKFAST
WHIST

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

DAILY OPERATIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	Coffee	Coffee	Coffee	Coffee	Coffee
8:00 AM		Stop & Shop *			
9:00 AM					Zumba
10:00 AM	Exercise		Exercise		
10:30 AM				Yoga	
12:00 PM	HESSCO Lunch	HESSCO Lunch	HESSCO Lunch	HESSCO Lunch	HESSCO Lunch
12:00 PM		Whist			
12:30 PM					Bingo
1:00 PM	Dominos			Cribbage	
1:30 PM	Mah Jongg			Bridge	
2:00 PM					
2:30 PM		Mah Jongg	Choir Rehearsal		

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

TRIPS AND EXCURSIONS

DAY OF BEAUTY

Tri-county Vocational School offers Seniors discounted haircuts, manicures, pedicures, and facials monthly September - June.

LOCAL SHOPPING TRIPS

Monthly Errand Day and trips to Wal-Mart, Stop & Shop, Walpole Mall, Market Basket, and the Farmers Market (summer only) are scheduled.

LOCAL AND REGIONAL TRIPS

Each month trips are planned to restaurants, plays, museums and events. A sample of past trips include Twin River Casinos, Castle Island, Newport Playhouse, Sam Adams Tours, USS Constitution, Sandwich Glass Museum, Wayside Inn, Chickie Flynn's, The Chateau and One Bistro.

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

CHARITABLE DONATIONS

The Walpole Council on Aging accepts charitable donations from individuals and businesses in support of its mission to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Elders and their families. A tax-deductible gift provides hope for those in need.

CASH GIFTS

Make a monetary gift is acceptable in the form of cash or check payments and in any amount.

EQUIPMENT, IN-KIND (NON-CASH) GIFTS:

We accept gently used equipment in good working order. Acceptable items include:

- Adult Briefs (unopened packages)

- Canes

- Commodes (in good condition)

- Hospital beds (no mattress, to be stored offsite)

- Shower chairs

- Wheelchairs

- Walkers

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

CHARITABLE DONATIONS

The Walpole Council on Aging accepts charitable donations from individuals and businesses in support of its mission to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Elders and their families. A tax-deductible gift provides hope for those in need.

PROGRAM ITEM DONATIONS

Items regularly accepted for in center events include: coffee, filters, paper plates (small and large), salad toppings (kidney beans, beets, olives, garbanzo beans) plastic forks and spoons, juices (tomato, apple, pineapple, grape, cranberry), decaf coffee, non-dairy coffee creamer, sugar free hot chocolate, Clorox wipes, napkins, Kleenex, and baby wipes as well as yarn and knitting supplies. ***NOTE: WE DO NOT ACCEPT CLOTHING***

EVENT or COMMUNITY SPONSOR

A monetary gift may be made to sponsor an event or program. Acknowledgment of the donation can include a public thank you with the sponsor's name, logo and address.

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

EQUIPMENT LOAN PROGRAM

The Walpole Council on Aging has medical equipment such as walkers, wheelchairs, crutches, and many other forms of durable medical equipment. Our intention is to loan equipment to members of the community. We ask that the items be returned when no longer needed and are still in good working condition. There are no rental fees for this service; however, the Center does accept donations for equipment use.

Acceptable items include:

- Canes

- Commodes (in good condition)

- Hospital beds (no mattress, to be stored offsite)

- Shower chairs

- Wheelchairs (in good condition)

- Walkers

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

FACILITY RENTAL REQUESTS

MULTI-PURPOSE ROOM

The Walpole Council on Aging multi-purpose room is available for meetings, events and other special functions. All rental requests for group use of facilities are considered on an individual basis. Exclusive reservations of spaces are scheduled primarily during times of low membership usage or outside normal hours of operation.

Examples of event:

- Family reunions
- Memorials
- Graduation Party
- Birthdays
- Anniversaries
- Company Holiday events
- Fundraisers for private groups
- Educational Workshops
- Trainings

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

TRANSPORTATION

Transportation is available to residents of Walpole, 60 years of age and older, and residents with a disability, regardless of age, with proof of disability.

- Transportation service is in operation Monday through Friday from 8:30 A.M. to 3:30 P.M.
- Transportation is available for social activities and shopping trips for most destinations in Walpole.
- Passenger registration is required for all social activities, excursions, special programs and shopping trips.
- Transportation pick-up and drop-off is scheduled only from a passenger's home or the Walpole Council on Aging Center.
- Seating on Walpole Council on Aging vans is limited and subject to a first come first serve required registration policy.
- We require 24 hours' notice of cancellation for social activities, excursions, special programs, shopping trips and medical appointments. Failure to do so repeatedly may result in the loss of your transportation privileges.

Note: Restroom facilities are not available on any Walpole Council on Aging vans.

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

MEDICAL RIDES

Volunteer drivers use their own vehicles and fuel to transport Seniors to local medical appointments. Drivers pick up passengers in Walpole and travel only to Norwood, Sharon, Foxboro, Franklin and Dedham. Volunteer medical drivers cannot take people in wheelchairs due to liability issues. A Walpole Council on Aging driver may (if available) take wheelchair Seniors to medical appointments in a Walpole Council on Aging van. A companion may accompany a Senior or disabled resident to a medical appointment if necessary.

Rides to medical appointments may be scheduled up to one month in advance. Reservations for transportation must be called into the Walpole Council on Aging Center @508-668-3330 five (5) business days prior to the day of the appointment. The following information is required to schedule transportation:

- Client's name, address and phone number.
- Date and time of medical appointment and estimated return time.
- Addresses and phone numbers of medical provider or other destination.
- Whether or not wheelchair or other assistance will be required.

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

VOLUNTEER OPPORTUNITIES

The Walpole Council on Aging offers a wide variety of opportunities for individuals to share their time, talents and special skills. Volunteers contribute their experience in many ways, such as helping with Center customer service, medical rides, meals and sharing a special expertise or talent.

For more information about how you can become involved, please visit our office or call Courtney Riley, Director Walpole Council on Aging.

FRONT DESK CUSTOMER SERVICES VOLUNTEER

HESSCO MEALS ON WHEELS DRIVERS

MEDICAL RIDES VOLUNTEER

NORFOLK RSVP

BOARD OF DIRECTORS COUNCIL ON AGING

COMMUNITY EDUCATION

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.



Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.

AGING WELL SPEAKERS SERIES

Tuesday, June 9, 2015

Making Smart Decisions: Evaluating Senior Living Options

Tuesday, July 14, 2015

Never too old to Stay Fit

Tuesday, August 11, 2015

Understanding Medicare and Medicaid

Tuesday, September 15, 2015

Identity Theft- What to Know

Tuesday October 13, 2015

Reinventing Yourself; Finding Meaningful Work and Volunteering Later in Life

6:00 pm – 7:30PM

**Walpole Council on Aging, 135 School Street
Light refreshments served**

Walpole Council On Aging

Please contact the Walpole Council on Aging at www.walpole-ma.gov/council-on-aging or 508-668-3330 for more information on any of our program or services.